



Cancer Screening Key Messages

Importance of cancer screening

- Regular screening is important because it can find cancer early when treatment has a better chance of working or help prevent people from getting some cancers.
- Cancer screening is testing done on people who are at risk of getting cancer, but who have no symptoms and generally feel fine.
- Ontario has four cancer screening programs: the Ontario Breast Screening Program, the Ontario Cervical Screening Program, ColonCancerCheck and the Ontario Lung Screening Program
- It is important that people who are due or overdue for cancer screening talk to their family doctor or nurse practitioner.
- Health care providers and hospitals in Ontario follow strict infection control measures so that people can visit in person.
- If you are due or overdue for breast, cervical or colon cancer screening tests, please contact your family doctor or nurse practitioner for more information. For breast cancer screening, you may also contact your Ontario Breast Screening Program site directly.
- If you do not have a family doctor or nurse practitioner, you can call Health Connect Ontario at 811 (TTY: 1-866-797-0007) or visit [here](#).
- For Indigenous-led health centres, visit <https://iphcc.ca/meet-our-members/> and <https://www.afhto.ca/find-team-near-you>
- For more information on screening, visit www.cancercareontario.ca/en/get-checked-cancer

Ontario Cervical Screening Program

- Cervical cancer is almost always preventable
- Regular screening is important for preventing cervical cancer
- Anyone with a cervix who is or who has ever been sexually active can get cervical cancer. A cervical screening test checks for the signs of cancer before it starts
- Talk to your family doctor, nurse practitioner or midwife about getting checked with a cervical screening test to help prevent cervical cancer
- For more information on cervical screening, visit www.cancercareontario.ca/cervical

ColonCancerCheck

- Regular cancer screening is important because when colon cancer is diagnosed early, it is more likely to be cured. 9 out of 10 people can be cured if colon cancer is caught early.
- People ages 50 to 74 should get checked for colon cancer, even if no one in their family has had the disease.

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- The fecal immunochemical test (FIT) is a free at-home test for eligible Ontarians to check for colon cancer
 - The at-home test for colon cancer is mailed directly to you, is safe and painless, and only requires one sample and no dietary or medication restrictions
 - Talk with your family doctor or nurse practitioner about screening with FIT to prevent colon cancer. If you do not have a family doctor or nurse practitioner, you can get your free ColonCancerCheck FIT kit from Health Connect Ontario by calling at 811 (TTY:1-866-797-0007).
 - For more information on colon cancer screening, visit www.cancercareontario.ca/colorectal

Ontario Breast Screening Program

- Breast cancer is the most commonly diagnosed cancer in Ontario women. One in nine women will get breast cancer in her lifetime.
- Regular screening is important because it can find breast cancer early when treatment has a better chance of working.
- More people in Ontario survive breast cancer than almost every other cancer.
- The Ontario Breast Screening Program provides breast screening throughout Ontario to eligible people.
- No screening test is perfect. If you are 50 or over, talk with your family doctor or nurse practitioner about your breast health and screening test options.
- For more information on breast screening, visit www.cancercareontario.ca/breast